



2018 January Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
5:45-6:30 a.m. AM Aerobics Nicole		5:45-6:30 a.m. AM Aerobics Nicole		5:45-6:30 a.m. AM Aerobics Nicole
	NEW!			
9:45-10:30 a.m. Morning Zumba Aimee	10:30-11:15 a.m. Rocking Toddlers Barbara	9:45-10:30 a.m. Morning Zumba Aimee		9:45-10:30 a.m. Morning Zumba Aimee
10:45-11:30 a.m. Hi Energy Workout Barbara		10:45-11:30 a.m. Hi Energy Workout Barbara		10:45-11:30 a.m. Hi Energy Workout Barbara
11:45-12:30 p.m. Silver Sneakers Barbara		11:45-12:30 p.m. Silver Sneakers Barbara		11:45-12:30 p.m. Silver Sneakers Barbara
12:30-1:00 p.m. Wellness Workout Barbara		12:30-1:00 p.m. Wellness Workout Barbara		12:30-1:00 p.m. Wellness Workout Barbara
	6:30-7:30 p.m. Body Boost Barbara		6:30-7:30 p.m. Body Boost Barbara	
7:15-8:15 p.m. Evening Zumba Aimee		7:15-8:15 p.m. Evening Zumba Aimee	7:40-8:40 p.m. Evening Zumba Aimee	

Fitness Class Fees

Prices are for one month

Fitness Class	Members	Non-Members
Hi Energy Workout	\$15	\$25
Wellness Workout	\$15	\$25
Silver Sneakers	\$15	\$25
Body Boost	\$20	\$30
AM Aerobics	\$25	\$35
Morning Zumba	\$25	\$35
Evening Zumba	\$25	\$35
NEW! Rocking Toddlers	\$20	\$30